

January 2021

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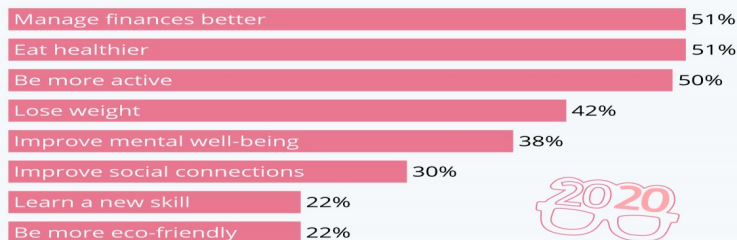
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New Years Resolutions

The new year gives everyone a chance for a fresh start and maybe try to improve themselves in a certain way. Whether it's to eat healthier, exercise more, or find a new hobby, a new year's resolution is a great way to try and better yourself. The graphic below shows the top resolutions people had for 2020. After a tough 2020, start off 2021 by trying to come up with a way to improve yourself. Set goals and track your progress to find it easier to motivate yourself. Cheers to a happy and healthy 2021!

America's Top New Year's Resolutions for 2020

Most popular new year's resolutions among those planning to make one or several



Survey of 2,011 U.S. adults, Nov. 12-14
Source: Ipsos for Urban Plates



Special Reminders:

Do you need a referral for anything? Call us, we would love to help!

If you have any changes to your personal information, please call Ashleigh at 262-408-5820 and she will be happy to assist you!

Would you like to schedule a progress appointment with Jay? Call Ashleigh at 262-408-5820 to set up an appointment.



JANUARY FUN FACTS

- The first ball drop in Times Square took place 12-31-1907
- Around 48 tons of trash is cleaned up in Times Square after the celebration
- January's birth flowers are the carnation and snowdrop.
- January's birth stone is the garnet
- 65% of people make a New Years resolution
- The ball that drops weighs 11,875 pounds
- 12% of Americans will fall asleep before midnight
- The first New Year's celebration dates back 4,000 years
- Americans drink close to 360 million glasses of sparkling wine on New Years.

Wishing all our
clients born in
January splendid
birthday.
Cheers to another!

The celebs celebrating ...

1/5: Bradley Cooper turns 46

1/9: Kate Middleton turns 39

1/13: Patrick Dempsey turns 55

1/15: Pitbull turns 40

1/17: Betty White turns 99

1/26: Ellen DeGeneres turns 62

1/29: Oprah Winfrey turns 67

1/31: Justin Timberlake turns 40

Chicken & Wild Rice Soup

- 4 cups chicken broth
- 2 cups water
- 2 cooked, boneless chicken breast halves, shredded
- 1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¾ cup all-purpose flour
- ½ cup butter
- 2 cups heavy cream



A Message From Jay

Welcome to January and 2021!

I hope you all had a happy and healthy holiday season. 2020 is behind us and hope is for a better 2021 for all of us. My family spent Christmas week like many families, it was just the 5 of us, myself, my wife Sara, and our three children: Becky, Jake, and Zach. It was a quiet week, but we got to spend a lot of time together which is what the holidays are all about. We watched some movies and some Packers football together. We had plenty of fires in the fireplace. We called and facetedimed our extended families that we could not be with in person this year. We played some board games and got some exercise in as well.

We ate very well over the Christmas week too! My wife Sara is a very good cook and my daughter Becky is a great chef and loves to cook as well. Christmas eve we had an assortment of tasty appetizers and I also smoked a 2lb salmon complete with capers, red onions and hard-boiled eggs. Christmas brunch was highlighted with Door County cherry French toast. We had picked the cherries this past summer up there. Sara and Becky made a delicious beef wellington for Christmas dinner. It was the second year in a row and lived up to our expectations again. We enjoyed some after-dinner drinks as well, including pink squirrels and grass hoppers.

On the 26th, Becky made a middle eastern dish called falafel which was served in a pita bread complemented with homemade pickled onions and radishes. Sunday brunch included a delicious crepe type dish called Dutch Baby, it was light and flavorful. We had some awesome smoked beef brisket for dinner that I smoked for 18 hours. Throughout the rest of the week, we also had some chocolate cinnamon buns, some Texas style chunky chili and I also made some fantastic wood fired pizzas on my new restaurant style attachment for my smoker.

What a great week it was! Best wishes for a good start to 2021 and health and happiness to all of you!

Be well,
Jay

Directions

1. In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.
2. In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.
3. Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

Bucks Update

The NBA season started December 22nd, so we are just getting started with games for the Bucks. The Bucks ended last season with a disappointing loss to the Heat in the Eastern conference semifinals. They had a big offseason trading for Jrue Holiday and signing Giannis to a 5 year extension. The Bucks have high hopes again this season as they are favored to represent the eastern conference in the finals. Hopefully 2021 will be the year a NBA championship returns to Milwaukee!

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